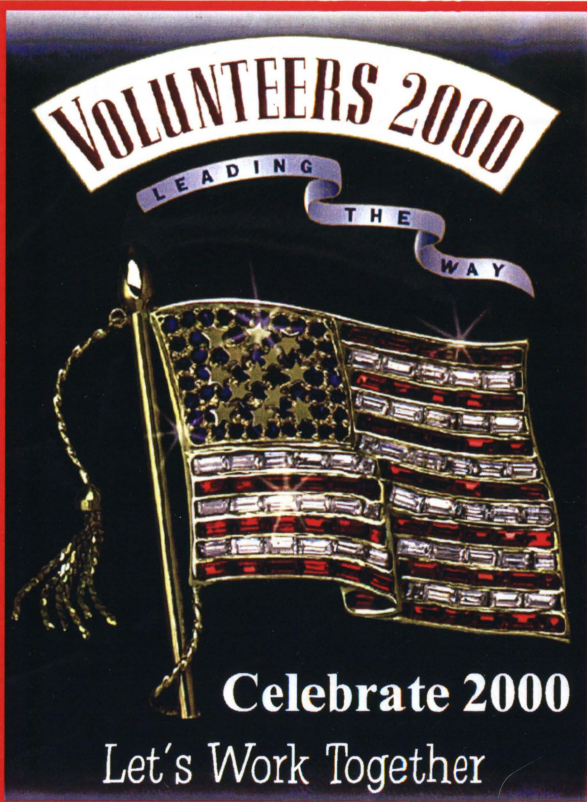




The NorthBay Guild News

Newsletter Editor: Pam Reeder

Volume IV, Issue 1

February 2000



Caring is Love in Action

The NorthBay Guilds of Fairfield and Vacaville Turn over \$170,000 to the Foundation

Under the leadership of our 1999 Presidents (Pam Reeder, Fairfield Guild; and Irma Perotti, Vacaville Guild) our two Guilds turned over a record breaking donation of \$170,000 to the NorthBay Healthcare Foundation. Breakdown: \$60K from Golf & Tennis, \$60K from Fairfield and \$50K from Vacaville. Our very special and dedicated volunteers worked hard all year long to make this outstanding donation possible. In addition to this financial donation, our volunteers put in over 54,365 hours of service to NorthBay which equals to a savings of \$812,756.75 in labor costs. Every Guild volunteer should give themselves a firm pat on the back for their hard work and dedication to our hospitals and community in 1999.

The Guild donations were designated to several NorthBay programs. Some of the programs we contributed to this year include the following Departments: Cardiac & Pulmonary Rehab Services, Speech Pathology Therapy, Patient Satisfaction QI Team, Pediatric Rehab, Same Day Center, Newborn Intensive Care Unit, ABC Prenatal Program, Health Education, Surgery Departments, Labor & Delivery, Hospice, Alzheimer's Programs, Pediatrics NICU, Cancer Research, and Heart Disease.

In addition to the financial donations, our Guilds provided the following community services: Quarterly Blood Bank Drives, assistance with the annual NorthBay Health Fair, the Woman's Health Fair, Project KidCare, the Alzheimer's Programs, and preparing Christmas packages for the Woman's Crisis Center in Fairfield.

The NorthBay Healthcare System is very lucky to have such a great group of volunteers working for both the Fairfield and Vacaville Guilds. Representing a cross-section of many different occupations, these men and women provide an invaluable wealth of knowledge and ideas to NorthBay in addition to their valuable time, support and hearts. They are caring, compassionate and dedicated volunteers who truly care about their community. NorthBay Guild volunteers "have that magic touch" and will lead the way into Y2K.

NorthBay Guild Volunteers

News Letters for
2000

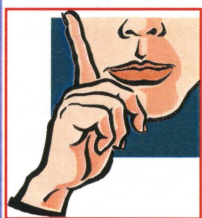


The Gift of the Volunteer

You are a special person. You have chosen at this stage in your life to be a volunteer. Without you, life could not continue at the level it now exists. Hospitals could not deliver the personal attention needed. Churches would be empty. Civic groups would cease to exist. Most of the programs which now provide health care and special services to the less fortunate, would end.

You are important. We need you and the "we" I am referring to is the world. So thank you for sharing the most valuable resource you have — yourself — with us. We can never repay you, but of course you know that and therefore, you have discovered the greatest secret of all — that love, the greatest emotion, can be the only reward for the "sweetest debt" service. Thank you for adding to the LOVE in the world

Mitch Henson, Associate pastor
Glendale City Church



**... on the other hand...
you know you have been a volunteer
too long when...**

You can't find your winter clothes — you gave them all to the Thrift Shop. Your friends have run out of white elephants — you've got them all. You have been at the hospital longer than all the administrators (put together). You've heard every excuse for a volunteer NOT showing up. For the fifth time in a week you can't have dinner at home. You automatically tidy the magazines in the hospital waiting room and pick up the unanswered phone. You don't mind someone writing their initials on your dusty furniture, but adding the date is unfair. You think Club Med is a camp for retired doctors.

Shared by Mammoth Hospital

The ten most powerful two letter words: If it is to be, it is up to me

Past Presidents Sign Off

Pam Reeder, Fairfield Guild

First, I'd like to thank the members of this Guild for your encouragement, guidance and support over the past 2 years. Being your President has been a tremendous learning experience for me and I thank you for the opportunity.

I have been blessed with a wonderful Board. Every time I have asked the Board for help they have been there for me. Thank you Sheri Jones for being such a great Vice President, you have helped me out so many times and I want you to know how much I have enjoyed working with you the past 2 years. I am very happy to have you as my President this year!

Thank you Charles Bartl, our Treasurer, for being so patient with me. I know I must drive you crazy sometimes. You have the patience of a saint and I appreciate everything you have done to help me this past year. And I love your smile.

Thank you Lorraine, our Assistant Treasurer and Gift Shop Bookkeeper. Seems like every time I came into the office you were there at the table working and sometimes pulling your hair out. (Good thing you have nice thick hair.) I cannot thank you enough for taking over the Gift Shop Books. I'm amazed that someone who has to work with so many "voids" can take it without getting frustrated. You always have a smile on your face and a warm hello, it's been a pleasure working with you.

I don't know how I can thank Elisa Haggard enough for taking over as our Secretary last February. You have been great!

(Continued on page 4)

Irma Perotti, Vacaville Guild

HAPPY NEW YEAR to you all and I hope you enjoyed the holidays and are now ready to being the first year of the 21st Century.

I'm grateful for the opportunity to have served as your President for the year 1999. I shall treasure the memories always. The icing on the cake was getting to know all of you better. I thank you from the bottom of my heart for all the support and confidence you offered me. You were always there when I called upon you for help making all of the events we participated in fun and successful.

We have the best group of ladies in our Guild. We also have two gentlemen, Rod Jackson and Ray Saylor. You are caring, compassionate, dedicated and a good-hearted group of volunteers.

I thank the members of my Board and our chair people for a job well done. However, we could not have done a good job without all of your help. If we look good, it is because of you being there when needed.

I can't thank Lawauna Snead enough for all the help she gave me. She was always there for me. She knew when I needed her before I was aware of it. Thank you Lawauna.

I also want to thank Jean Johnson and Jim Falls for their continued faith in me. They always made me feel like I was doing a good job. Thank you both.

Oretta Cortland is our President for 2000. Please show her all the support and dedication that you showed me.

May the year 2000 bring you all good health and happiness.

Thank you,
Irma Perotti

Thank you for touching my life.

(Continued from page 3)

Pam Reeder, Fairfield Guild

Elisa's Minutes are always detailed and professionally typed. Members that are unable to attend our meetings are kept well informed of what goes on thanks to Elisa's hard work. We are all very lucky to have her stay on another year as our Secretary.

Penny Winters and Jewel Schoffstall have been two great Board Appointments. These two women took a great deal of work off me and gave me wonderful advice and support. Any time I had a question I knew all I had to do is call Penny and if she did not have the answer she would tell me who to call for help. You have been a great help the past two years Penny. I can't thank Jewel enough for keeping track of all our fundraising events and running the Thrift Shop in her spare time. We are all very lucky to have Jewel on our Team. A while back someone made a remark about Jewel to me that I'd like to share with you. She said, "Jewel really is a jewel isn't she?" My thoughts exactly.

If I was to take the time and space to thank everyone who has helped me over the past two years this newsletter would be 20 pages long. So I'll just say thanks to you, the membership for trusting me with your Guild. It has been an honor and privilege to work for you.

When I first started volunteering for NorthBay in 1993 as a hospice volunteer it was to pay back a debt to hospice for helping me with my mother when she was dying. Little did I know about the wonderful people I would be working with and how much I would enjoy my volunteer work. I think Mom would have been pleased. Thank you all for your help, dedication and most of all your many friendships.

Pam

Jean Johnson

Manager of Volunteer Services

It's hard to imagine we have wrapped up 1999 and Year 2000 is already underway with lots of exciting things happening with our volunteers. Of course the first big event of the year for both Guilds was the installation of new officers. Sheri Jones heads an exciting new board in Fairfield while Oretta Cortland has a group of great volunteers in Vacaville.

In November I had reported to the NorthBay Healthcare Foundation that I had hopes of the two Guilds being able to turn over about \$100,000 in fundraising monies for 1999. Well, we exceeded that expectation with Fairfield presenting Bret Johnson of the NorthBay Healthcare Foundation with a \$60,000 check and the Vacaville Guild turning over \$50,000 in fundraising monies. This represents a very nice increase over the previous year and was quite an accomplishment for a hardworking group of volunteers.

Of course, one of the things that contributed to our financial success last year was the addition of Ty, Inc. products to the gift shops. Our first shipment of Beanie Babies didn't arrive until the last week of June, yet we still managed to almost double our sales at the NorthBay gift shop and almost triple our sales at VavaValley. It's a real tribute to our volunteers that they dealt with so much activity, demanding customers and ever-changing rules and kept smiling through all of it.

Both Thrift Shops had great years and those fine volunteers are to be commended for their continual efforts. Though the work is sometimes difficult, their sense of teamwork and commitment and purpose seems to hold

(Continued on page 5)

Today's a good day to remember the many people who shared their wisdom with me.

New Presidents Sign On

Sheri Jones, Fairfield Guild

HAPPY NEW YEAR TO ALL! I hope you all enjoyed the holidays and are ready for the 21st century.

What a nice installation luncheon we had at the Holiday Inn on Jan. 6th. Thank you Helen Vineyard for installing our new Board members. Hats off to the Installation Committee, Barbara Lum, Jan Jensen, Helen Dougherty, Pam Reeder, Penny Winters, and Dianne Cravea for their hard work in decorating and organizing this luncheon. I also appreciate those of you who came to support our new Board.

At the luncheon we presented Bret Johnson with a check for \$60,000 to the Foundation for all our hard fundraising in 1999. This is something we all should be proud of and hopefully we can do the same this year.

I would like to thank all who have agreed to become a Chairman. I know it takes a lot of time on your part but if all work together can make this a successful and fairly painless year. Some of our services are lacking full coverage and I hope this year we can rectify this situation by letting everyone know about our wonderful Guild and all it has to offer. So start bugging your friends!

My Board and I will be working hard to make this year a smooth running year filled with all our popular events. We all hope to see new faces on many of our fundraising events and community services we perform throughout the year. Be prepared, I just may call for your help.

At our first Board meeting we put together our yearly calendar of events.

(Continued on page 6)

Oretta Cortland, Vacaville Guild

I am happy to be your president for the year 2000. I will do my best in the coming year. I am looking forward to working with each of you and I will keep you informed of our doings throughout my term. Thank you everyone for a great installation, it was superb.

End.

(Continued from page 4)

Jean Johnson, MVS

the groups together as they make a great contribution to the NorthBay Healthcare System.

The groups that worked on the other fundraising activities such as the penny wraps, bake sales and cheese ball sale were also amazing. It's great to watch people have so much fun while working so hard to accomplish so much.

We gained many new volunteers during 1999 but also lost some of our regulars. Though we hate to see anyone leave us, the mix of the traditions and history of the Guild combine with the new people and ideas to make the Guild the wonderful organization that it has become.

Our first orientation of 2000 went quite well, with nine new Guild members: six for NorthBay and three for VacaValley. We look forward to integrating these new volunteers into our group.

As always, I appreciate all the help and support and friendship you volunteers offer to the entire NorthBay Healthcare System and me. I look forward to another great year in 2000.

End.

We cannot direct the wind, but we can adjust the sails.

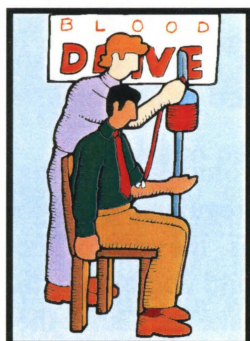
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Sheri Jones, Fairfield Guild

We are busy planning our SVAC (Sacramento Valley Area Council) luncheon which we will be hosting in September. This is a very special luncheon. We will be inviting 20 other hospitals to send their representatives in the geographic area surrounding Sacramento, to exchange ideas and strengthen understanding of hospitals and their volunteers. This is really a big event for us, so if you would like to get involved give me a call at 422-9866.

In closing I want to thank you for your confidence in me. I will do my best and I just know we are going to have an exciting year. So feel free to call me about any of your ideas and suggestions for this year, I'd love to hear from you.

End.



**Fairfield Guild
Blood Bank Schedule
"Give the Gift of Life"**

Mark Your Calendar Today!

February 10

June 15

September 14

December 14

NBMC Lobby: Noon—4 p.m.

Fairfield Guild Calendar of Events

Date	Event
Feb. 10	Blood Bank Drive
Feb. 28	Orientation
Mar. 2	Monthly Meeting
Mar. 27	Orientation
Apr. 6	Monthly Meeting
Apr. 7	Wine & Food Jubilee
Apr. 10	Volunteer Appreciation Lunch
Apr. 12	SVAC Luncheon (in Carmichael)
Apr. 20	Easter Bake Sale
Apr. 24	Orientation
May 4	Monthly Meeting
May 4	ABC Shower
May 22	Orientation
Jun. 1	Monthly Meeting
June 14	Penny Wrap
June 15	Blood Bank Drive
June 26	Orientation

May You Live All The Days of Your Life



Special Recognition
Volunteers who have put in
over 500 hours in 1999

Ray Saylor:	2,360 hours
Pam Reeder:	2,112 hours
Penny Winters:	1,266 hours
Kelly Nahr:	1,262 hours
Charles Bartl:	1,242 hours
Jewel Schoffstall:	1,204 hours
Irma Perotti:	1,011 hours
June Spangler:	858 hours
Betty Bartlett:	848 hours
Oretta Cortland:	822 hours
Sheri Jones:	775 hours
Elisa Haggard:	762 hours

Carol Chuck:	757 hours
Dorene Darville:	708 hours
Caroline Low:	700 hours
Lorraine Berthold:	680 hours
Jean Friesen:	627 hours
Jane Oren:	580 hours
Margery Hoggarth:	569 hours
Elise Schreiber:	563 hours
Florence Saylor:	556 hours
Barbara Lum:	547 hours
Kathie Smith:	525 hours

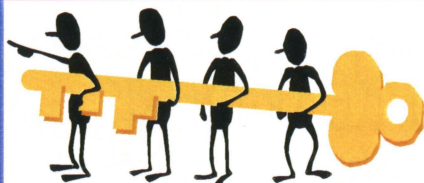
Finding Joy

Joy has the power to open our hearts, remove fear, instill hope, and foster healing. Joy leads us to wisdom because it connects us to all we are — our mind, heart, power and spirit. Joy stimulates our immune system, increases our energy, and gives us mental clarity. It helps us heighten our level of consciousness so we can more readily tap our inner wisdom. Instead of agonizing over decisions, we become more able to simply listen within and know what to do. As we offer ourselves to joy we experience the breath of human emotions, realize our connection to all life, feel compassion, and dance lightly with the dramas of our lives. As our joy expands we feel deeply connected to ourselves and to something bigger than ourselves.

Joy is not about getting "high" or prolonged indulgence in sensory pleasures. When we develop our capacity for joy, it lives within us like a wellspring of awareness that heightens our ability to be intimate with others without fear. A truly joyful person transmits energy to all around them. When we collectively start to feel joy, our ability to love each other expands enormously. From this place we can move toward resolving differences between groups of people and hopefully evolve to a level where we feel compassion and care for all life on this planet.

Charlotte Davis Karl, PH.D.

When hands reach out in friendship, hearts are touched with joy.



Fairfield Guild Chair Reports Volunteers -- the key to our success!

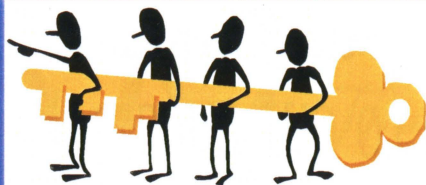
Annual Cheese Ball Report, Penny Winters, Chair. November 1999 was the Fairfield Guild's third cheese ball sale. Seven ladies met at the Odd Fellows Hall in Suisun on November 20 and made 402 Cheese Balls with our SECRET ingredient. Thanks to the following Cheese Ball Makers: Pam Reeder, Jewel Schoffstall, Dorene Darville, C. J. Chadbourne, Lorraine Berthold, Sheri Jones and me (Penny Winters). It was a long day with a lot of hard work but we had a great time and a lot of laughs. Special thanks goes out to our Cheese Ball Sales ladies: Sheri Jones, Lorraine Berthold, Helen Dougherty, Jewel Schoffstall, Dorene Darville, Dianne Cravea and Ellie Cheechov. As a result of the hard work of these volunteers, we made a total of \$2,265, after expenses we cleared \$1,812; not bad for a days work.

Golf & Tennis Classic, Dianne Cravea, Chair. The 17th Annual Golf & Tennis Classic will be held on July 17, 2000 at the Green Valley Country Club. Our Golf & Tennis Committee Members are : Barbara Lum, Ellie Cheechov, Jewel Schoffstall, Carol Graham, Penny Winters and me (Dianne Cravea). We recently had our first planning meeting which was also attended by our two Guild Presidents Sheri Jones and Oretta Cortland and NorthBay staff member Jim Falls.

Floor, End of Year Report by 1999 Chair, Sheri Jones. Boy this year flew by and to remember all that has happened can be mind boggling. Many of us had to leave the floor for special reasons and go sustaining, some had to volunteer less time and we miss you! We gained a lot of new volunteers and hope that in the year 2000 we can even get more to fill in our empty slots. We even survived the JCAHO survey. This year you have a new Floor Chair: Lorraine Berthold. Let's give her a big hand and lots of support. She is going to do a terrific job. So don't forget to call her now for any schedule changes, vacation notices, etc. Lorraine's number is: 426-1358. To all floor volunteers, pat yourself on the back for a job well done in 1999.

Baby Track 99, Jan Jensen, Chair. THANKS to everyone involved with the baby tracking during 1999. We truly made an important difference in the care of infants and the providing of information to "new" moms. During the year, 6,676 calls were made using 348 volunteer hours! Those calls were made by 5 volunteers: Norma Lawler, Bobbie Tubbs, Susie Guerrero, Ruth Dietiker, and myself. We did have extra volunteer help from C.J. Chadbourne, Fran Lee and Gail Mitchell — all were appreciated. A special thanks to Elena Villalpando, a baby track specialist with the Sate of California. She kept us supplied with such items as postcards and did some problem solving. Additionally, her gifts of t-shirts, watches, mugs, canvass bags and lunch was appreciated. I want to thank the volunteers for their time, effort and patience with our move from the Clinic to the Hospital. Everyone made the transition effortless. Lastly, I am looking forward to another year as baby track Chair and that is what volunteering is all about. Always a pleasure to volunteer.

Together Everyone Achieves More.



Fairfield Guild Chair Reports (Continued)

Volunteers -- the key to our success!

Baby Track February 2000 Report, Jan Jensen, Chair. Baby track continues to be in good order. We are making a difference in the health of babies born in our community. This difference is a direct result of continued dedication put forth by the much appreciated Baby Track volunteers. Many of the parents we have contacted are very thankful for our calls. We have settled into our new area and we like the location. We are currently looking for the services of a Spanish speaking volunteer who will be able to communicate the Hispanic parents that we contact. Again, I want to thank the individuals who tirelessly come forth and volunteer their time for Baby Track.

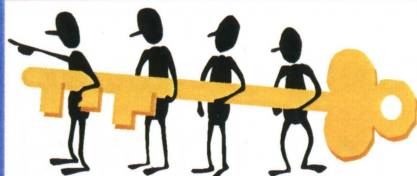
Volunteer Visitors, Cherie Bauer, Chair. I have been appointed as the new Chair for the Fairfield Volunteer Visitors and have been most happy to accept this position. We start the new year off with two active members: Ruth Dietiker and myself. We have another Volunteer Visitor, Candy Erwin who is currently vacationing out of the country. Gail Mitchell, Elaine Gross and Ruth Dietiker are available to hold babies upon request by the Nursery Department. I look forward to new members joining our group so we can provide full Volunteer Visitor coverage to our hospital.

Nutrition, Ellie Cheechov, Chair. Nutrition is very fortunate to have a compatible group of volunteers. We were sorry to lose Sharon Keeney due to her husband's retirement which took them closer to their family in Texas. We wish them well. Fran Lee and Gladys Cardwell are the new "kids" on the block. Fran subs when she's available and Gladys is recuperating from surgery. We are looking forward to her return next month. To Dianne Cravea and Ruth Johnson, our "ole timers" thank you both for always being willing to cover or switch days for any of us. To all, Best Wishes for a Happy Millennium.

Mailing Committee, Barbara Lum, Chair. During the month of January we mailed 602 pieces for our Guild and the Cancer Center. We are expecting a "big" mailing any day now. Special thanks goes out to all our Mailing Committee volunteers — your hard work is very much appreciated. Another great big Thank You to Muriel Chapman for chairing this outstanding committee last year.

Gift Shop, Jean Johnson, Acting Chair. The Fairfield Gift Shop had a record breaking month in December. In fact, the whole year broke all kinds of records! We have a crew of twelve great volunteers who have been so flexible with their schedules allowing us to cover vacations, illnesses, etc. We also were open three evenings in the weeks preceding Christmas so that the evening employees could more easily use their gift certificates. The employees truly appreciated that and I hope the volunteers who worked those evenings had lots of fun, too. We did our inventory on January 26 so we're now ready to order some lovely new things for spring. We'll also be ordering the new Beanie Kids and of course the new Beanie Babies when they are introduced in March.

Attitudes are contagious ... Is yours worth catching?



Fairfield Guild Chair Reports (Continued)

Volunteers -- the key to our success!

Orientation, Carol (CJ) Chadbourne, Chair. The orientation of January 24 went very well with nine new volunteers that were welcomed into our Guild. The Fairfield Guild was happy to have six new volunteers: five for the Floor and one for our Thrift Shop. Vacaville received three new volunteers. The orientation was a first time for some of the newly elected Officers. President Oretta Cortland and Vice President Janis Dmtriw from the Vacaville Guild were a great help and gave support to the new volunteers. Jewel Schoffstall and Lorraine Berthold represented our Fairfield Guild. Jan Jensen who presented the Uniform Code and Uniform sales did a great job and everything went smooth. My thanks to President Sheri Jones for her patients in the job training and guiding me through my first Orientation. Thank you Sheri. The next orientation will be on February 28. Welcome to our new NorthBay Volunteers:

Name	Membership	Service Area
Burnell Allen 451-3274	Vacaville	
Joe Bernardi 451-8823	Fairfield	Floor
Betty Delcour 422-3269	Fairfield	Floor
Sue Stevens 429-3838	Fairfield	Thrift
Amy Gella 429-2626	Fairfield	Floor

Name	Membership	Service Area
Gloria Bautista 749-2162	Fairfield	Floor
Dorothy Clark 451-7610	Vacaville	
Vera Preston 446-8242	Vacaville	Floor
Kathrine Stevenson 422-6213	Fairfield	Floor

Blood Bank, Project KidCare, Verna Newlin, Chair. We had a good turnout for our December Blood Bank Drive with 28 people registering and 24 units of blood received. Special thanks to our volunteers who turn out for these Blood Drives. Please remember, if you give blood you can take 10 bonus hours on your time sheet. Not much is happening with Project KidCare these days, I'll keep you informed. I would like to thank all our Blood Bank and Project KidCare volunteers, you are terrific!

Penny Wrap, Cliff & Betty Waller, Chairs. Special thanks goes out to the Wallers and Elise Schreiber for another successful and record breaking Penny Wrap. We made \$310.25, with over \$100 coming from our Cardiac Rehab Group. That Cardiac Rehab Group is one outstanding department and continues to demonstrate a true Team Spirit between our Guild & the NorthBay staff.

Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is only thing that ever has.

W *The Latest News from VacaValley*

Alzheimer's Resource Center, June Spangler, Support Group Facilitator. The Alzheimer's Resource Center presents two very important programs to benefit caregivers of persons with Alzheimer's and other dementia related diseases. The meetings will be held in the Cafeteria Conference Room of VacaValley Hospital, (1000 Nut Tree Road, Vacaville). The time will be 7 p.m. to 9 p.m. for each of the two programs.

- **Wednesday, March 8, 2000:** Ruth Gay of the Alzheimer's Association in Lafayette, will present information, video and slides on the subject of reasons for **"Difficult Behaviors"** and how to deal with them.
- **Wednesday, April 12, 2000:** Jennifer Watson, of the Alzheimer's Association in Lafayette, will present information on **"Dementia and Driving Don't Mix"** and how to take the keys away before it is too late.

These are grave troubles for caregivers and the information these meetings offer will be of valuable help to them in caring for their loved ones. If you, or someone you know, are caregivers, relatives or friends of persons with Alzheimer's or other dementia related disease, we urge you to attend each of these meetings. It is difficult to live in this day and age without knowing a caregiver who lives with one who has dementia. The caregiver needs respite and support from friends and family who are properly informed and understanding. Are you prepared? Please call the Alzheimer's Resource Center at (707) 454-3004 or 3006 and leave your name and telephone number if you are coming. If you are bringing guests, add them to the number attending. If we don't answer the phone, please leave the message on our voice mail. We need to know how many will be there.

News from the VacaValley Newsletter Chair, Irma Perotti



Installation 2000. On January 14 the NorthBay Guild of Vacaville had its Installation Luncheon at the Opera House in Vacaville. The new Board Members for the Vacaville Guild are: Oretta Cortland, President; Janis Dmytriw, Vice President; Gay Luiz, Secretary; Helen Denes, Treasurer; Carol Chuck, Assistant Treasurer; Martha Orr, Parliamentarian; Irma Perotti, Past President; and Lawauna Snead, Board Member.

(Continued on page 12)

We make a living by what we get. We make a life by what we give.

News from the VacaValley Newsletter Chair, Irma Perotti (Continued)

Chairs for the Year 2000. We are pleased to introduce our Chairs for this coming year: Aileen Halko, Information Desk; Floor, Janis Dmytriw; Volunteer Visitors, Elaine Gross; Thrift Shop, Carol Chuck; Gift Shop, Lawauna Snead; Blood Bank, Lawauna Snead; Hours, Carol Graham; and Alzheimer's Resource Center, June Spangler.

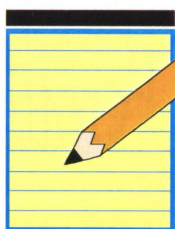
Our Thrift Shop is doing fantastic under the management of Carol Chuck and Lawauna Snead is doing great with the help of her Beanie Babies in the Gift Shop.

Betty Bartlett is doing a great job with her "Bake Sales". At her recent Bake Sale, Betty baked 85 cream cheese coffee cakes which she sold for \$5.00 each. Betty's cakes are really good, you can't eat just one piece! You have to have seconds. Betty has great help. We have some famous Vacaville bakers, they are: Shirley Garrett, June Blevins, Bonnie Risso, Jean Murphy, Edna Osmus, Verna Bekemeyer and Beverly Rupp. These same ladies keep baking year after year and they each do an outstanding job. Evidently Betty does not have enough to do working the desk and floor at the hospital because she never says no. Another talent she shares is making cute little teddy bears for the children who come to the VacaValley Hospital. She has made 2,000 teddy bears to date. Her helpers in this project are Beverly Rupp, Jean Murphy and Edna Osmus.

June Blevins keeps the money coming in with her "Opportunity Drawings". We are looking forward to again working at the Solano Wine and Food Jubilee this Spring.

MARK YOUR CALENDARS: Martha Orr will be having her Penny Wrap on February 24, 2000. Lawauna Snead will be having the Blood Bank Drive on March 9, Oretta and Janis will be having their "Newcomer's Tea" on March 22.

End.



A Note from Your Newsletter Editor

Please keep in mind we are always looking for something interesting to put into our Newsletter. If you come across something you would like to share with your fellow volunteers please feel free to send it to me. If I can, I will work it into our next

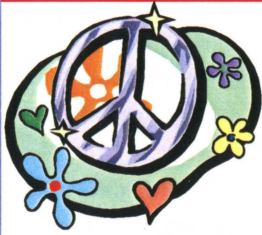
Newsletter.

I would also like to compile an e-mail list, so if you are on the internet and would like to communicate with your fellow volunteers via e-mail please send me your e-mail address. Several of us are already corresponding and having a great time sharing jokes.

Also, you are more than welcome to e-mail me anything you would like to see go into our Newsletters. My address is: pkat@netzero.net

Pam Reeder

A woman is like a teabag. It's only when she's in hot water that you realize how strong she is.



Official Baby Boomer Exam



Shared by D. Fisher via Elisa Haggard

1. "Kookie, Kookie, lend me your: _____."
2. The "battle cry" of the hippies in the sixties was "turn on; tune in; _____."
3. After the Lone ranger saved the day and rode off into the sunset, the grateful citizens would ask, "Who was that masked man?" Invariably, someone would answer, "I don't know, but he left this behind." What did he leave behind? _____.
4. Folk songs were played side by side with rock and roll. One of the most memorable folk songs included these lyrics: "When the rooster crows at the break of dawn, look out your window and I'll be gone. You're the reason I'm traveling on, _____."
5. A group of protesters arrested at the Democratic convention in Chicago in 1968 achieved cult status, and were known as the _____.
6. When the Beatles first came to the US in early 1964, we all watched them on the _____.
7. Some of us who protested the Vietnam war did so by burning our _____.
8. We all learned to read using the same books. We read about the thrilling lives and adventures of Dick and Jane. What was the name of Dick and Jane's dog? _____.
9. The cute, little car with the engine in the back and the trunk (what there was of it) in the front, was called the VW. What other name(s) did it go by? _____ & _____.
10. A Broadway musical and movie gave us the gang names the _____ and the _____.
11. In the seventies, we called the dropout nonconformists "hippies." but in the early sixties, they were know as _____.
12. William Bendix played Chester A. Riley, who always seemed to get the short end of the stick in the television program, "The Life of Riley." At the end of each show, poor Chester would turn to the camera and exclaim, "What a _____."
13. "Get your kicks, _____."
14. "The story you are about to see is true. The names have been changed _____."
15. The real James Bond, Sean Connery, mixed his martinis a special way: _____.
16. In the jungle, the mighty jungle, _____."
17. That "adult" book by Henry Miller—the one that contained all the "dirty" dialog—was called _____.
18. Today, the math geniuses in school might walk around with a calculator. But back in the 1960s, members of the math club used a _____.
19. In 1971, singer Don Maclean sang a song about "the day the music died." This was a reference and tribute to _____.

(Continued on page 14)



Many receive advice, only the wise profit from it.

Baby Boomer Exam (Continued)

20. A well known television commercial featured a driver who was miraculously lifted through thin air and into the front seat of a convertible. The matching slogan was "Let Hertz _____."
21. After the twist, the mashed potatoes, and the watusi, we "danced" under a stick that was lowered as low as we could go in a dance called the _____.
22. N-E-S-T-L-E-S; Nestles makes the very best..._____.
- 22b for 2 extra points what was the dog's name?
23. In the late sixties, the "full figure" style of Jane Russell and Marilyn Monroe gave way to the "trim" look, as first exemplified by British model _____.
24. Sachmo was American's "ambassador of goodwill." Our parents shared this great jazz trumpet player with us. His name was _____.
25. On Jackie Gleason's variety show in the sixties, the most popular segments was "Joe, the Bartender." Joe's regular visitor at the bar was that slightly off-center, but lovable character, _____. (The character's name, not the actor's.)
26. We can remember the first satellite placed into orbit. The Russians did it; it was called the _____.
27. What takes a licking and keeps on ticking? _____.
28. One of the big fads of the late fifties and sixties was a large plastic ring that we twirled around our waist; it was called the _____.
29. The "Age of Aquarius" was brought into the mainstream in the Broadway musical _____.
30. This is a two-parter: Red Skelton's hobo character (not the hayseed; the hobo) was _____.
- 30b. Red ended his television show by say, "Good night, and _____."

Baby Boomer Exam**(Answers — no peeking until you finished the exam!)**

1. "Kookie, Kookie; lend me your comb." If you said "ears," you're in the wrong millennium, pal; you've spent way too much time in Latin class.
2. The "battle cry" of the hippies in the sixties was "Turn on; tune in; drop out." Many people who proclaimed that 30 years ago are Wall Street bond traders and corporate lawyers today.
3. The Lone Ranger left behind a silver bullet. Several of you probably said he left behind his mask. Oh, no; even off screen, Clayton Moore would not been seen as the Lone ranger without his mask!
4. "When the rooster crows at the break of dawn, look out your window and I'll be gone. You're the reason I'm traveling on; Don't think twice, it's all right."
5. The group of protesters arrested at the Democratic convention in Chicago in 1968 were known as the Chicago Seven. As Paul Harvey says, "They would like me to mention their names."
6. When the Beatles first came to the US in early 1964, we all watched them on the Ed Sullivan Show.

(Continued on page 15)

People forget how fast you did a job but they remember how well you did it.

Baby Boomer Exam (Answers Continued— no peeking until you finished the exam!)

7. Some of us who protested the Vietnam war did so by burning our draft cards. If you said "bras," you've got the right spirit, but nobody ever burned a bra while I was watching. The "bra burning" days came as a byproduct of women's liberation movement which had nothing directly to do with the Vietnam war.
8. Dick and Jane's dog was Spot. "See Spot run." Whatever happened to them? Rumor has it they have been replaced in some school systems by "Heather Has Two Mommies."
9. The VW was known as the Beetle, or more affectionately, the Bug.
10. A Broadway musical and movie gave us the gang names the Sharks and the Jets...West Side Story.
11. In the early sixties, the dropout, nonconformists were known as beatniks. Maynard G. Krebs ("The Many Loves of Dobie Gillis" TV show) was the classic beatnik, except that he had no rhythm, man; he had a beard, but no beat.
12. At the end of "The Life of Riley," Chester would turn to the camera and exclaim, "What a revolting development this is."
13. "Get your kicks, on Route 66."
14. "The story you are about to see is true. The names have been changed to protect the innocent."
15. The real James Bond, Sean Connery, mixed his martinis in a special way: shaken, not stirred.
16. "In the jungle, the mighty jungle, the lion sleeps tonight."
17. That "adult" book was called Tropic of Cancer. Today, it would hardly rate a PG-13 rating.
18. Back in the sixties, members of the math club used a slide rule.
19. "The day the music died" was a reference and tribute to Buddy Holly.
20. The matching slogan was "Let Hertz put you in the driver's seat."
21. After the twist, the mashed potatoes, and the watusi, we "danced under a stick called the Limbo."
22. N-E-S-T-L-E-S; Nestles makes the very best chaaawwww-clate." In the television commercial, "chocolate" was sung by a puppet—a dog (Remember his mouth flopping open and shut?)
- 22b The dog's name was Farfel.
23. In the late sixties, the "full figure" style gave way to the "trim" look, as first exemplified by British model Twiggy.
24. Our parents shared this great jazz trumpet player with us. His name was Louis Armstrong.
25. Joe's regular visitor at the bar was Crazy Googenhiem.
26. The Russians put the first satellite into orbit; it was called Sputnik.
27. What takes a licking and keeps on ticking? A Timex watch.
28. The large plastic ring that we twirled around our waist was called the hula-hoop.
29. The "Age of Aquarius" was brought into the mainstream in the Broadway musical "Hair."
30. Red Skelton's hobo character was Freddie the Freeloader. (Clem Kaddiddlehopper was the "hay seed.")
- 30b. Red ended his television show by saying, "Good night, and may God bless."

To Our NorthBay Guild Volunteers

NorthBay volunteers are special. Our volunteers have a wonderful way of putting others at ease. They say and do the little things that will comfort and please. They have a special warmth they're quick to understand. And whenever there is trouble they lend a helping hand. This world of ours is a better place and happier by far. Because there are some special people as wonderful as you are.

Luck is what happens when preparation meets opportunity.

Just for Fun

The Brain



Shared by Elisa Haggard

In the hospital, the relatives gathered in the waiting room, where their family member lay gravely ill. Finally, the doctor came in looking tired and somber. "I'm afraid I'm the bearer of bad news" he said as he surveyed the worried faces. "The only hope left for your loved one at this time is a brain transplant. It's an experimental procedure, semi-risky, and you'll have to pay for the brain yourselves." The family members sat silent as they absorbed the news. At length, someone asked, "Well, how much does a brain cost?" The doctor quickly responded, "A female brain goes for \$2,000 and a male brain costs \$5,000." The moment turned awkward. Men in the room tried not to smile, avoiding eye contact with the women, but some actually smirked. A girl, unable to control her curiosity, blurted out the question everyone wanted to ask, "Why does the male brain cost so much more?" The doctor smiled at her childish innocence and then said to the entire group, "It's standard pricing procedure. We mark the female brains down because they're used."



A Survival Kit for Everyday Living:

Items needed: Toothpick, Rubber Band, Band Aid, Pencil, Eraser, Chewing Gum, Mint, Candy Kiss, Tea Bag.

Why?

A Toothpick to remind you to pick out the good qualities in others. A Rubber Band to remind you to be flexible, things might not always go the way you want, but it will work out. A Band Aid to remind you to heal hurt feelings, yours or someone else's. A Pencil to remind you to list your blessings every day. An Eraser to remind you everyone makes mistakes, and it's OK. Chewing Gum to remind you to stick with it and you can accomplish anything. A Mint to remind you that you are a Mint! A Candy Kiss to remind you that everyone needs a kiss or hug everyday. And a Tea Bag to remind you to relax daily and go over that list of blessings.

Shared by Sutter Davis Hospital

Geriatric's Prayer



God grant me the Senility to forget the people I never liked anyway,
The good fortune to run into the ones that I do,
And the eyesight to tell the difference.
Amen!

Take time to laugh, it's the music of the soul.